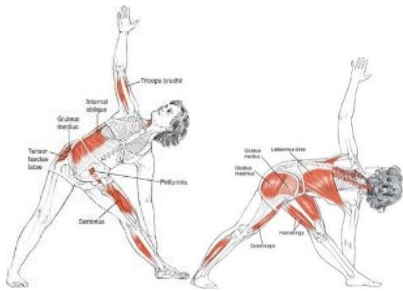


# Dryland Workout 1

## Stretching & Core Work:

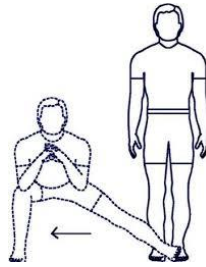
### 1. Triangle Stretch

Hold 10 sec each side, relax and repeat 3 x



### 2. Side Lunge

Hold 2 sec each side, relax and repeat 5x



### 3. Hip Flexor Lunge with arms in Streamline

Hold for 5 sec each side, relax and repeat 5x



### 4. High Plank w. Rotation

5 each side, relax and repeat 3x



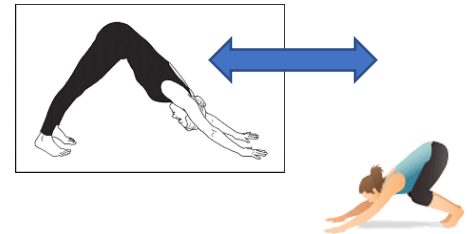
### 5. Inch Worms

Inch all the way to plank, hold 2 sec, inch back to feet, relax and repeat 5 x



### 6 Down Dog

Hold for 2 sec then bend knees chest, relax, repeat 5x



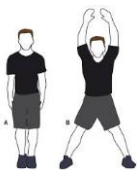
## Dynamic / Strength for Time:

4 Rounds

30 Seconds Effort & 15 Seconds Rest

(Do all 3 (a,b,c) exercises 30 sec each, rest 15 sec between, repeat 4 x)

#### a. Jumping Jacks



#### b. push ups



#### c. Blast off Jumps



## Cool Down:

Lay on back, Knees bent

Arms and hands by your side

Take 5 deep breaths- in thru the nose, pause, out thru your mouth

